

ABSTRAK

HUBUNGAN *DIABETES BURNOUT SYNDROME* DENGAN *SELF-MANAGEMENT* PADA PASIEN DIABETES MELLITUS DI UPTD PUSKESMAS BANGSAL KABUPATEN MOJOKERTO

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Self-Management masih menjadi tantangan pada pasien Diabetes Mellitus karena sebagian pasien belum mampu mengelola kondisi penyakit secara optimal melalui pengaturan pola makan, kepatuhan minum obat, aktivitas fisik, pemantauan kadar gula darah, dan kunjungan rutin ke fasilitas kesehatan. Penelitian ini bertujuan menganalisis hubungan *Diabetes Burnout Syndrome* dengan *Self-Management* pada pasien Diabetes Mellitus. Penelitian ini menggunakan desain analitik korelasional dengan pendekatan *cross-sectional*. Pengambilan sampel dilakukan menggunakan *purposive sampling*. Data dikumpulkan menggunakan *Diabetes Burnout Scale* dan *Diabetes Self-Management Questionnaire* yang telah melalui uji validitas dan reliabilitas. Analisis data menggunakan uji *Spearman Rho*. Sebagian besar pasien mengalami *Diabetes Burnout Syndrome* dalam kategori sedang dan *Self-Management* dalam kategori cukup. Hasil uji *Spearman Rho* menunjukkan koefisien korelasi $r = -0,910$ dengan $p = 0,000$ ($<0,05$), yang menunjukkan adanya hubungan negatif dengan kekuatan sangat kuat antara *Diabetes Burnout Syndrome* dan *Self-Management*. Arah hubungan negatif menunjukkan bahwa semakin tinggi *Diabetes Burnout Syndrome*, semakin rendah *Self-Management* pasien. Sebaliknya, semakin rendah tingkat *burnout*, semakin baik *Self-Management* pasien. Oleh karena itu, penguatan *Self-Management* dan dukungan psikososial secara berkelanjutan penting dilakukan untuk membantu mengurangi *burnout* dan meningkatkan pengelolaan Diabetes Mellitus.

Kata kunci: *Diabetes Burnout Syndrome*, *Self-Management*, Diabetes Mellitus.

ABSTRACT

THE RELATIONSHIP BETWEEN DIABETES BURNOUT SYNDROME AND SELF-MANAGEMENT AMONG PATIENTS WITH DIABETES MELLITUS AT BANGSAL PRIMARY HEALTH CENTER MOJOKERTO REGENCY

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Self-management remains a challenge among patients with Diabetes Mellitus because some patients have not been able to optimally manage their condition through dietary regulation, medication adherence, physical activity, blood glucose monitoring, and routine healthcare visits. This study aimed to analyze the relationship between Diabetes Burnout Syndrome and self-management in patients with Diabetes Mellitus. This study used a correlational analytical design with a cross-sectional approach. Samples were selected using purposive sampling. Data were collected using the Diabetes Burnout Scale and Diabetes Self-Management Questionnaire, which had undergone validity and reliability testing. Data were analyzed using the Spearman Rho test. Most patients experienced moderate Diabetes Burnout Syndrome and moderate self-management. The Spearman Rho test showed a correlation coefficient of $r = -0.910$ with $p = 0.000$ (<0.05), indicating a very strong negative relationship between Diabetes Burnout Syndrome and self-management. The negative direction indicates that higher Diabetes Burnout Syndrome is associated with lower self-management, whereas lower burnout is associated with better self-management. Therefore, strengthening self-management and providing continuous psychosocial support are important to reduce diabetes-related burnout and improve diabetes management

Keywords: *Diabetes Burnout Syndrome, Self-Management, Diabetes Mellitus.*

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